

Food Technology Curriculum Map - Year 10

Term	Units of Study	Curriculum Guidelines	NC –Aims / Focus Points
Autumn	<p>Unit 1 – Preparing to cook</p> <ul style="list-style-type: none"> ○ Safe and Hygienic practices used in food preparation. ○ Accurate use of equipment ○ Skill Variation <p>Practical lessons Students plan and prepare their own dishes to make throughout the unit.</p>	<ul style="list-style-type: none"> ○ Understand how to prepare self and the environment for cooking ○ Understand how to prepare and store equipment and utensils for cooking ○ Understand recipes for cooking ○ Be able to use skills for food preparation and cooking 	<p>1.1 Describe Safe and hygienic working practices to prepare self for cooking</p> <p>1.2 Describe Safe and hygienic working practices to prepare the cooking environment</p> <p>1.3 Assess potential risks and hazards in the cooking environment</p> <p>2.1 Describe the uses of cooking equipment and utensils</p> <p>2.2 Describe how to prepare equipment and utensils for cooking</p> <p>2.3 Describe safe cleaning and storage of equipment and utensils</p> <p>3.1 Describe the purpose of a recipe</p> <p>3.2 Identify the stages of a recipe</p> <p>3.3 Describe the purpose of different ingredients in a recipe</p> <p>3.4 Describe cooking skills</p> <p>4.1 Demonstrate safe and hygienic working practices to prepare self and environment for cooking</p> <p>4.2 Demonstrate how to follow recipes</p> <p>4.3 Demonstrate cooking skills</p>

			<p>4.4 Demonstrate safe use of equipment and utensils</p> <p>4.5 Demonstrate safe and hygienic cleaning and storage of equipment and utensils</p> <p>○</p>
Spring	<p>Unit 2 – Understanding Food</p> <ul style="list-style-type: none"> ○ Nutritional Values ○ Food Choice ○ Food Sources <p>Possible practical lessons</p> <p>» Throughout this unit students choose their own recipes and adapt them to fit the topic</p>	<ul style="list-style-type: none"> ○ Understand the sources of food <p>Understand factors affecting food choices</p>	<p>1.1 Describe the main food groups</p> <p>1.2 Describe sources of foods from each main food group</p> <p>1.3 Explain how seasons affect food availability</p> <p>2.1 Describe how social factors affect food choices</p> <p>2.2 Describe how environmental factors affect food choices</p> <p>2.3 Describe how cost factors affect food choices</p> <p>2.4 Describe how sensory factors affect food choices</p> <p>3.1 Compare ingredients inform choice of recipes for given dishes</p> <p>3.2 Apply choices of ingredients to make given dishes</p> <p>3.3 Evaluate completed dishes</p>
Summer	<p>Unit 4 – Plan and produce dishes in response to a brief</p>	<ul style="list-style-type: none"> ○ Be able to plan a menu for a set brief 	<p>1.1 Assess the requirements of a set brief</p> <p>1.2 Select a menu of dishes for</p>

	<ul style="list-style-type: none"> ○ Safe and Hygienic practices used in food preparation. ○ Accurate use of equipment ○ Skill Variation <p>Practical lessons Students plan and prepare their own dishes to make throughout the unit.</p>	<ul style="list-style-type: none"> ○ Be able to prepare and make the dishes on the planned menu <p>To be able to review the completed dishes</p>	<p>the brief</p> <p>1.3 Develop a plan of action for making the dishes</p> <p>1.4 Review and revise plan from feedback</p> <p>2.1 demonstrate how to prepare themselves and the environment for cooking</p> <p>2.2 Apply the plan to make the dishes on the menu</p> <p>2.3 Demonstrate cooking skills to make the dishes on the menu</p> <p>2.4 Demonstrate safe and hygienic practices throughout</p> <p>3.1 Assess the strengths and weaknesses of the menu</p> <p>3.2 Assess the strengths and weaknesses of the planning and preparation process</p> <p>3.3 Assess the strengths and weaknesses of the completed dishes</p> <p>3.4 Evaluate how the brief has been met</p>
Notes	<p>Unit 1 – Preparing to cook</p> <ul style="list-style-type: none"> ○ Safe and Hygienic practices used in food preparation. 	<ul style="list-style-type: none"> ○ Understand how to prepare self and the environment for cooking ○ Understand how to 	<p>1.1 Describe Safe and hygienic working practices to prepare self for cooking</p> <p>1.2 Describe Safe and hygienic working practices to prepare the cooking environment</p>

	<ul style="list-style-type: none"> ○ Accurate use of equipment ○ Skill Variation <p>Practical lessons Students plan and prepare their own dishes to make throughout the unit.</p>	<p>prepare and store equipment and utensils for cooking</p> <ul style="list-style-type: none"> ○ Understand recipes for cooking <p>Be able to use skills for food preparation and cooking</p>	<p>1.3 Assess potential risks and hazards in the cooking environment</p> <p>2.1 Describe the uses of cooking equipment and utensils</p> <p>2.2 Describe how to prepare equipment and utensils for cooking</p> <p>2.3 Describe safe cleaning and storage of equipment and utensils</p> <p>3.1 Describe the purpose of a recipe</p> <p>3.2 Identify the stages of a recipe</p> <p>3.3 Describe the purpose of different ingredients in a recipe</p> <p>3.4 Describe cooking skills</p> <p>4.1 Demonstrate safe and hygienic working practices to prepare self and environment for cooking</p> <p>4.2 Demonstrate how to follow recipes</p> <p>4.3 Demonstrate cooking skills</p> <p>4.4 Demonstrate safe use of equipment and utensils</p> <p>4.5 Demonstrate safe and hygienic cleaning and storage of equipment and utensils</p>
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